



@home

RECIPE BOOK

Available for free download at ChooseHealthyNowHawaii.com



Choose Healthy Now makes it easier for Hawaii residents to make healthy choices in stores and snack shops. Snacks and drinks labeled **Choose Healthy Now** meet the Department of Health's nutrition guidelines, so you know you're making a smart choice. Visit ChooseHealthyNowHawaii.com for a list of participating locations.

Now, you can choose healthy at home! This **Choose Healthy Now @ Home Recipe Book** provides simple, tasty recipes for the whole family to enjoy. Look for these ingredients at a participating store near you, and enjoy these recipes in good health!

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Banana Oatmeal Bars

MAKES 12 BARS



Ingredients

2 very ripe bananas

1 cup of quick oats

1 tsp. cinnamon

1 tsp. vanilla

Add-ins: ½ cup of nuts, raisins, coconut, etc.

Directions

Preheat oven to 350 degrees.

In a bowl, mash bananas with a fork until no longer chunky.

Mix in oats, cinnamon, vanilla, and desired add-ins.

Spread in a square baking dish and bake for 10-15 minutes or until browned.

Let bars cool then slice and serve.

Adapted from www.foodhero.org

@breakfast

better-than-store-bought
**Granola
Bars**
MAKES 16 BARS



Ingredients

- ½ cup honey
- 1 cup peanut butter
- 2 cups rice or corn cereal
- 2 cups quick oats
- 1 cup of mix-ins: raisins, coconut, nuts, etc.

Directions

Heat honey in a saucepan on medium-high heat on the stove until it bubbles. Turn down to low heat and stir in peanut butter.

Turn off the stove and stir cereal, oats, and other mix-ins into honey-peanut butter mixture.

Lightly spray a baking pan or line with parchment or wax paper, then press bar mixture into pan and put in fridge or freezer until cool, then serve.

Adapted from www.foodhero.org

Breakfast Banana Split

SERVES 1



Ingredients

- 1 small banana
- ½ cup cereal (oats, corn flakes, granola, etc.)
- ½ cup low-fat yogurt
- ½ cup diced pineapple
- ½ tsp honey (optional)

Directions

Peel banana, slice it in half the long way, and place in bowl.

Top with yogurt, pineapple, and cereal, drizzle with honey if desired, and enjoy!

Adapted from www.foodhero.org

Fruit Pizza

SERVES 1



Ingredients

1 whole wheat tortilla or English muffin

2 Tbsp. low-fat cream cheese or plain yogurt

Sliced berries, banana, or pineapple

Optional toppings: cinnamon, unsweetened coconut, slivered almonds, raisins, etc.

Directions

Split English muffin and toast or, if using tortilla, warm on the stove until crispy.

Top with cream cheese/yogurt, berries, and other toppings as desired and enjoy!

Adapted from www.foodhero.org

Fruity Muesli

SERVES 3-4



Ingredients

- 1 cup low-fat, plain yogurt
- 1 cup oats (uncooked)
- ½ cup non-fat milk
- ½ cup dried fruit (e.g., raisins, apricots)
- ½ cup fresh fruit (e.g., apples, berries)
- Optional:
 - ¼ cup nuts/seeds
 - ¼ cup unsweetened coconut
 - 1-2 Tbsp. cinnamon

Directions

In a large bowl, combine oats, milk, and yogurt.

Cover and leave in fridge overnight (or at least 6 hours) and in the morning, add fruit and other toppings.

Adapted from www.foodhero.org

Harvest Skillet Eggs

SERVES 4-8



Ingredients

1 Tbsp. olive oil

6 eggs

1-2 cans of veggies

(ex: mushrooms, corn, peas, spinach, etc.)

1 small onion

Spices:

¼ tsp. pepper

½ tsp. oregano or basil

Sprinkle of garlic powder (optional)

½ cup low-fat shredded cheese (optional)

Directions

Chop up onion and toss with spices. Open canned vegetables, drain, and rinse if needed. Warm a pan on medium heat. Cook onions and spices until they begin to soften. Add vegetables and stir until heated through. Crack eggs into a bowl and whip (add cheese, if desired) then pour over vegetables in the pan. Let eggs cook until solid in the center - about 6 minutes. **Tip:** To reduce tears, place the onion in the refrigerator for 1-2 hours before chopping.

Adapted from www.foodhero.org

Microwave Bread Pudding

SERVES 3



Who says bread pudding can't be healthy? Use whole-wheat bread to make this delicious dish for breakfast or dessert.

Ingredients

3 slices of whole-wheat bread

1 Tbsp. brown sugar

½ cup raisins

3 eggs

1 ¼ cups milk

Seasonings:

1 Tbsp. cinnamon

1 tsp. vanilla

Pinch of salt

Directions

Slice bread into bite-sized pieces and place bread, brown sugar, and raisins into a large microwave-safe dish. In a smaller microwave-safe bowl, combine eggs, milk, and seasonings. Microwave egg mixture on high for 2-3 minutes until hot, but still liquid, then pour over dish of bread and raisins. Mix bread and egg mixture gently, cover and microwave on medium for 5-8 minutes until edges are firm and center is almost solid. Let pudding rest for 10 minutes, then serve!

Adapted from www.foodhero.org

Nutty Granola

SERVES 6



Ingredients

2½ cups of your favorite nuts and seeds (ex: almonds, peanuts, sunflower seeds, pumpkin seeds, cashews, pecans, walnuts, etc.)

1 cup of your favorite dried fruit (ex: raisins, figs, cranberries, unsweetened coconut)

¼ cup coconut oil or olive oil

¼ cup honey

1 tsp. vanilla

Directions

Preheat oven to 300 degrees.

Mix together nuts and dried fruit and drizzle with honey, coconut/olive oil, and vanilla. Stir to coat nuts and fruit evenly.

Place on a baking sheet and bake for 20-25 minutes.

Let cool for 15 minutes before serving.

On-the-go Egg muffins

MAKES 12 MUFFINS



Want to eat eggs on the go but don't love them hardboiled?
Try making mini egg muffins!

Ingredients

8-12 eggs

Optional Mix-ins: low-fat cheese, spices, veggies (ex: mushroom, broccoli, green onion, tomato)

Directions

Preheat oven to 350 degrees. Grease a muffin tin with cooking spray, then crack one egg into each hole. For fluffier muffins, you only need to use 8-10 eggs instead of 12.

Crack eggs into bowl and beat quickly with a fork or whisk until yolks are all broken up and then divide equally across muffin tin.

Top with low-fat cheese, spices, or plop in some veggies.

Cook for 10-20 minutes until centers are solid.

Adapted from www.paleogrubs.com

Whole Grain Cereal Ideas



Directions

If cereal sounds boring to you, just wait until you mix in fruit, cinnamon, nuts, or coconut!

Whole-grain cereal isn't just a great breakfast option to start off your morning, but it can also be a crunchy topping for a yogurt parfait or smoothie snack.

Combine with nuts, dried fruit, coconut, or some other mix-ins for homemade trail mix.

Check the nutrition facts on the side of the box and try to choose cereals with little or no added sugar!

Broccoli Raisin Salad

SERVES 4-6



Ingredients

- 6 cups chopped broccoli
(about 2-3 heads of broccoli)
- ½ cup raisins
- ¼ cup of diced red onion
- ¼ cup of sunflower seeds, almonds, or cashews
- ½ cup plain low-fat yogurt
- 1 Tbsp. red wine vinegar
(substitute for another kind if needed)
- 1 tsp. sugar

Directions

Chop broccoli into bite-sized pieces and finely dice red onion. Mix in a bowl with the raisins and sunflower seeds/nuts. In a separate bowl, combine yogurt, vinegar, and sugar then pour dressing mixture over salad and stir.

Adapted from www.foodhero.org

Paniolo Salad

SERVES 4-6



Ingredients

- 2 cans black beans OR black-eyed peas
- 1 can corn
- 3 tomatoes
- Cilantro, avocado, and green onions (optional)
- 1 Tbsp. olive oil
- 2 Tbsp. vinegar OR lime juice

Directions

Drain and rinse the beans and corn.

Chop up tomatoes, onions, and cilantro (if desired) and mix in a bowl along with beans and corn.

In a separate bowl, mix olive oil and vinegar/lime juice with salt and pepper to taste, then drizzle over bean salad.

Adapted from www.foodhero.org

Salmon Sashimi Salad

SERVES 4-6



Ingredients

- 8 cups of lettuce
- 7 oz sashimi grade salmon, skin removed
- 3 Tbsp olive oil
- 1 Tbsp shoyu
- 2-3 Tbsp lime juice
- Sliced cucumber (optional)

Directions

Whisk together olive oil, shoyu, and lime juice for dressing and set aside. (If using fresh limes, can grate lime zest and add to dressing too).

Chop lettuce and slice cucumber, if desired.

Place sliced salmon on bed of greens and top with dressing.

Allow to sit for 2 minutes to soak in flavor. Enjoy!

Adapted from www.epicurious.com

Tuna Cabbage Salad

SERVES 1



Ingredients

2 cups chopped cabbage

1 can of tuna (packed in water)

2-3 Tbsp. mayonnaise or plain yogurt

Optional toppings: relish/pickles, mustard, salt, pepper, (green) onion, raisins, nuts, celery, etc.

Directions

Chop cabbage and green onions.

Open can of tuna and drain water. Want to be extra creative? Use avocado instead of mayonnaise for the same satisfaction, but with healthier oils.

Mix in additional seasonings/toppings as desired and place atop cabbage.

Adapted from www.foodhero.org

Cool Cole Slaw

SERVES 6-8



Ingredients

- ½ head of cabbage
- ½ cup raisins
- 1 carrot
- 2 cups sliced pineapples
- ¼ cup nuts OR sunflower seeds
- Dressing:
 - ⅓ cup vinegar
 - 2 tsp olive oil
 - 1 Tbsp. sugar
 - ½ tsp each salt & pepper

Directions

Wash and chop cabbage, peel carrot and grate.

Mix cabbage, carrot and raisins in a bowl.

In a separate bowl combine dressing ingredients, then drizzle over slaw mixture. Add pineapple and nuts just before serving.

Croutons Homemade



Ingredients

10-15 slices whole wheat bread

¼ cup olive oil

Optional seasonings:

2 tsp. garlic powder

1-2 tsp. pepper

Pinch of salt

Directions

Save whole-wheat bread that is starting to go stale and use it to make homemade croutons. Store stale bread in the freezer until you have enough for a batch of croutons then defrost the bread and preheat the oven to 350 degrees.

Remove crusts from the bread and brush both sides with olive oil, then cut into bite-sized cubes.

Sprinkle with seasonings, if desired, then place on baking sheet and toast in oven for 15 minutes or until browned.

Store in a sealed container or plastic bag to keep croutons crispy.

Adapted from: www.allrecipes.com

Ginger Salad Dressing

SERVES 6-8



This dressing is perfect for a cabbage slaw or any other salad.

Ingredients

¼ cup rice vinegar
1 Tbsp. sugar
1 Tbsp. fresh ginger
¼ cup olive oil
Salt and pepper

Directions

Peel and dice about a thumb-sized piece of fresh ginger and then combine with vinegar, sugar, and olive oil for a very simple salad dressing.

Add salt and pepper to taste.

Adapted from www.foodhero.org

Baked Cheesy Tomatoes

SERVES 2



Ingredients

- 2 large tomatoes
- 3 low-fat cheese sticks (or $\frac{1}{3}$ cup shredded)
- 1 tsp. oregano
- $\frac{1}{4}$ tsp. each: salt, pepper, garlic powder

Directions

Preheat oven to 400 degrees.

Slice tomatoes into thick slices.

Line a baking sheet or pan with foil and place tomatoes in it.

Slice or shred cheese sticks and mix in a small bowl with spices, then sprinkle over the tomatoes.

Bake for 5-10 minutes, or until cheese is melted and browning.

Adapted from www.foodhero.org

Roasted Vegetables

SERVES 2-3



See how many different colors of vegetables you can use - eat the rainbow!

Ingredients

2 cups fresh vegetables (squash, carrots, broccoli, sweet potatoes)

1 tsp. olive oil

Seasonings: salt, pepper, thyme, oregano, garlic, etc.

Directions

Preheat oven to 425 degrees.

Wash vegetables and then chop into similar sizes so that they will cook at the same pace. Cover a baking pan with foil, place vegetables on top of foil and drizzle with olive oil. Toss the vegetables until evenly covered with oil then sprinkle with desired seasonings.

Roast the vegetables until they are slightly browned and soft enough to poke easily with a fork. Start with 5 minutes and check every few minutes after that. Some veggies may need to cook longer than others.

Adapted from www.foodhero.org

Super Sandwich

SERVES 1



A healthy sandwich will keep you full all afternoon!

Directions

To make the perfect sandwich, start with whole-grain bread or “sandwich thins.”

Next, pick a protein source - hummus, low-fat cheese, lean lunch meat, or hard-boiled egg.

Complement with other toppings such as fresh vegetables like lettuce and tomato, or fresh fruit.

Add mustard, unsweetened relish/pickles, or even avocado or sliced peppers for additional flavor.

Or try banana and peanut butter sandwiches, they are so ‘ono!

The Perfect Wrap

SERVES 1



Wraps are a great choice for breakfast, lunch, or dinner!

Directions

Start with a whole-wheat tortilla or a corn tortilla and place fillings in the center, then roll up and enjoy!

For breakfast, try a fruit and nut-butter roll-up or go savory and fill a tortilla with eggs, beans, low-fat cheese, and veggies or salsa of your choice.

For lunch or dinner, choose some lean protein or beans and leafy greens or other vegetables to make a delicious wrap.

Chicken Pepper Bake

SERVES 2-4



Ingredients

1 pound of boneless chicken breast

2 bell peppers OR carrots

3 cups of diced potato

2 Tbsp. olive oil

Spices:

2 tsp. Italian seasoning (thyme, basil, oregano)

OR

2 tsp. Cajun seasoning (cayenne pepper, garlic powder, onion powder, paprika, thyme, red pepper)

Directions

Preheat oven to 425 degrees.

Cut chicken, potatoes, and bell peppers/carrots into bite-sized chunks.

Place in a bowl and sprinkle with seasonings and olive oil, stirring to coat evenly.

Place on a baking sheet and bake for 35-45 minutes, tossing occasionally, until chicken is no longer pink.

Adapted from www.foodhero.org

Ginger-Glazed Mahi-Mahi Baked



SERVES 4

Ingredients

4 Mahi-Mahi filets
½ cup orange juice
3 Tbsp. shoyu
2 Tbsp. olive oil
1 tsp. ground ginger
1 tsp. brown sugar

Directions

Preheat oven to 400 degrees.

Place Mahi-Mahi filets in a baking dish and sprinkle with salt and pepper.

In a bowl, mix orange juice, shoyu, olive oil, ginger, and sugar. Pour glaze over fish and put in the fridge to marinate for 20 minutes.

After fish has marinated, bake for 13-15 minutes or until fish flakes when poked with a fork.

Veggie Stir Fry

SERVES 2-3



Ingredients

1 Tbsp. olive oil

2 cups of frozen vegetables

¼ tsp. of garlic powder OR 1 clove of garlic, minced

2 slices of fresh ginger, minced OR sprinkling of ground ginger

Optional:

½ tsp. salt

½ tsp. sugar

1 cup of cooked chicken or turkey, or tofu

3 cups brown rice or whole-wheat noodles

Directions

Heat frying pan over medium heat. Add oil followed by vegetables and seasonings (garlic, ginger – sugar and salt if desired) and stir fry for 2-4 minutes.

Cut cooked turkey/chicken/tofu into bite-sized pieces and add to pan. Cook everything until meat is warm and veggies are softened. Serve over brown rice or whole wheat noodles, if desired.

Adapted from www.foodhero.org

Ants On a Log

SERVES 2



Ingredients

4 stalks of celery
4 Tbsp of peanut butter
Handful of raisins

Directions

To make a fun veggie snack for kids, rinse 4 stalks of celery then fill each stalk with peanut butter (try to use peanut butter with peanuts and salt as the only ingredients).

Top with raisins and then cut into smaller sections. The raisins are the “ants” on the celery and peanut butter “log.”

For kids who don't like peanut butter, use hummus instead and replace the raisins with sunflower seeds, olives, or even goldfish and call it “fish on the river” instead.

Adapted from www.foodhero.org

Crazy (Pop) Corn

SERVES 1-2



Making popcorn on the stove or buying air-popped corn is ideal to avoid an overload of fats and preservatives usually found in store-bought microwave popcorn. But who says healthy can't taste delicious?

Directions

To add some flavor to 3 cups of plain popcorn, try these cool combos. Drizzle 1-2 tsp. of olive oil over popcorn so toppings will stick, then add:

Mexican Hot Chocolate: 1-2 Tbsp. cinnamon, 1-2 tsp. cocoa powder, dash of cayenne pepper

Savory Italian: 1-2 tsp. each, as desired - rosemary, thyme, oregano, garlic powder

Of course, you can never go wrong with furikake popcorn, or try sprinkling on a bit of parmesan. Mix in peanuts, raisins, coconut, etc. for a salty or sweet flair.

Adapted from www.sparkpeople.com

Freeze-Dried Fruit Ideas



Directions

Freeze-dried fruit might sound like some kind of astronaut food, but it tastes delicious here on earth too!

Pop some freeze-dried fruit into pancake or muffin batter or use it to top waffles, cereal, or yogurt.

Crush or crumble up freeze-dried fruit and use instead of sprinkles for decorating or add to smoothies for even more flavor and nutrients.

Inspired by www.blog.nuts.com

Fresh Fruit Salad

SERVES 6-8



Ingredients

6 cups of your favorite fruit (ex: mango, banana, papaya, berries, oranges, pineapple, etc.)

$\frac{1}{3}$ cup fresh lime or lemon juice

1 $\frac{1}{2}$ Tbsp. honey

$\frac{3}{4}$ tsp. ground ginger (optional)

Directions

Chop/slice fruits into bite-sized pieces and place in a bowl.

In a second bowl, mix lime/lemon juice, honey, and ginger (if desired) then drizzle over fruit.

If using bananas, serve right away.

Adapted from www.foodnetwork.com

Easy Dill Dip

SERVES 1



Ingredients

- 2 cups low-fat plain yogurt
- 1/2 cup walnuts, plus more for garnish
- 3 Tbsp. fresh chopped dill OR 1-2 Tbsp. dried dill
- 1 tsp minced fresh garlic OR ¼ tsp garlic powder

Directions

Blend all ingredients in a blender or food processor until smooth and add salt and pepper to taste if desired.

Adapted from www.toriavey.com

PB Yogurt Dip

SERVES 1



Ingredients

2 Tbsp. no-sugar-added peanut butter

2-3 Tbsp. plain yogurt

Directions

Mix peanut butter with yogurt and use as a dip for fruits (especially apples and bananas) or vegetables (such as carrots or celery).

Simple Salsa

SERVES 6-10



Ingredients

- 1 can diced tomatoes
- ¼ cup chopped onion
- 2 Tbsp. lime juice
- 1 clove garlic OR ¼ tsp garlic powder
- ¼ cup fresh cilantro leaves
- Optional: 1 can (4oz) diced green chiles

Directions

Complement your healthy baked chips with some homemade salsa!

Place all ingredients in blender or food processor and use pulse setting to chop to desired consistency.

Adapted from www.foodhero.org

Simple Super Hummus

SERVES 6-10



Ingredients

- 1 can garbanzo beans
- 2 Tbsp lemon juice
- 2 tsp. olive oil
- ½ cup nonfat plain yogurt
- 1 clove garlic OR ¼ tsp. garlic powder
- Optional:
 - ¼ tsp. pepper
 - ½ tsp. cumin powder

Directions

Put all ingredients in a blender or food processor and blend until texture is as desired.

The longer you blend, the smoother the hummus will be. If hummus is not blending well, turn off blender, add 2 tsp. of water, and mix up with a spatula or spoon then try to blend again.

Adapted from www.foodhero.org

Creamy Smoothie

SERVES 2-4



Ingredients

- 2 cups low-fat milk
- 2 cups fruit (fresh or frozen)
- Optional additions:
 - Cinnamon
 - Coconut
 - Nuts or nut butter

Directions

Add all ingredients to a blender and blend until smooth. Enjoy!

Adapted from www.foodhero.org

Fruit-Infused Water

MAKES 1 PITCHER



To dress up a glass of water, add any of these delightful combinations to a pitcher of water and allow to sit in the refrigerator for 30 minutes or more before serving:

Ingredients

Sliced fruits:

- One orange & 2 cups of grapes
- One mango & ¼ cup of fresh pineapple
- One lemon & 15 strawberries

Directions

Mix and match as desired, but be sure to wash all fruits before slicing (including oranges and lemons if you are going to leave the rind on).

Adapted from www.wellnessmama.com

Melon Freeze

SERVES 4



Ingredients

- 3 cups watermelon or cantaloupe
- 1 cup water
- 2-3 tsp. lime or lemon juice
- 1 cup ice

Directions

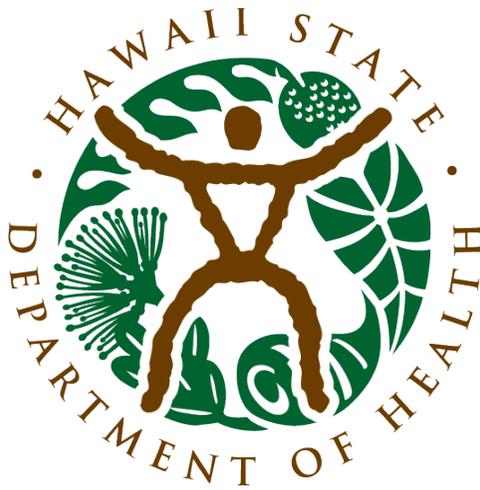
Place all ingredients in a blender and blend until smooth. Add more water if necessary for a smoother consistency.

If desired, pour mixture through a sieve to strain out fruit fibers. Enjoy!

Adapted from www.cooking.nytimes.com

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